



WEEK 2

Did you know that kids of all ages should be active for at least 60 minutes EVERY day ([CDC](#))? Here are some "[Tools for Action](#)" with ideas on what you can do. Get outside and play today!

MAY 8

MAY 9

Tomorrow is [National School Nurse Day](#)! Honor those that support students well-being. They are very busy, but if your nurse has the time invite her/him into your class to play!

[National Clean Your Room Day](#) might not seem like it would be a way to play, but find a way to make this day more fun. Maybe you'll find something buried to play when you're done!

MAY 10

MAY 11

May is [National Tennis Month](#). Try [these videos](#) at home or with a friend. In the classroom, rally with a partner using paper ball or balloon.



boks

[BOKS](#) is a physical activity program designed to get kids active! Play one of these [BOKS Burst Movement Breaks](#) to help with focus and energy.

MAY 12

MAY 13

[Sanford fit](#) has a variety of free resources for educators, families, and communities. Have fun moving with "[fit Field Day Inclusive Workout](#)"!



GoNoodle

[National Dance Like a Chicken Day](#) is not a joke, but you will have plenty of laughs grooving to this iconic song. Try this [video link](#) from [GoNoodle](#).

MAY 14